

SUMMARY

The non-slip ballast is cast from the non-slip mold with more than two webbing material receiving passage's side by each, parallel and in a row perpendicular to the belting material.

The webbing material is inserted into and through one end passageway of the ballast. The belting material is then turned 180 degrees toward the weight and inserted into and through the second in a sequence passageway, which returns the belting to the side of the ballast of the first entry. The belting is then turned 180 degrees and inserted and passed through the third passageway which forms 360 degrees of ballast to belting resistance. The belting is then turned 180 degrees toward the non-slip weight and inserted and passed through the forth and last passage way of the ballast to join the side of first entry of a four-slotted ballast. This then forms 540 degrees of ballast to belting resistance with weight belt un donned. Weight is easily increased by stacking ballasts and threading belting through more than one ballast per location. The ballasts are woven in plurality until desired total weight on the belt is obtained. To adjust the amount of weight for position on the belting material simply feed the belting material through the passageways until the desired ballast location is achieved.